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BREAD BASICS

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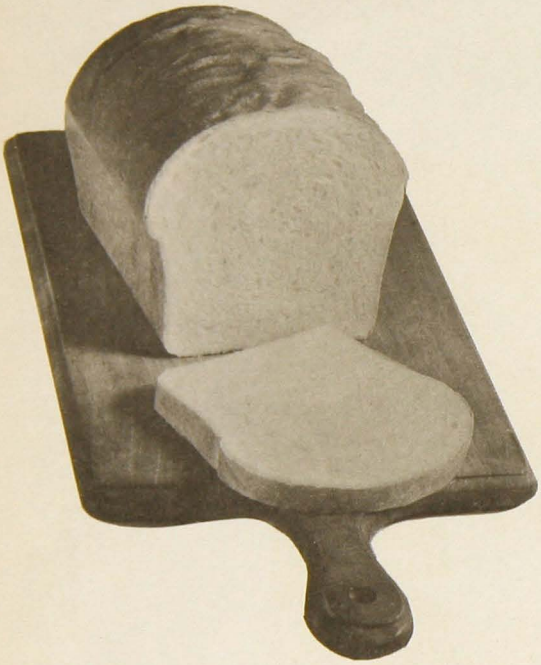
Bread Basics



There's no imitating the delectable flavor and aroma of freshly baked bread. Turning flour, liquid, salt, sugar, shortening, and yeast into fluffy rolls and crusty bread is one way to express your love for your family. Fast dependable yeasts, high quality flour, refrigeration, new recipes, and new methods make today's breadmaking easy and convenient. So once you learn the basics, you can be truly creative with a batch of dough.

By serving homemade bread and rolls, you give your meals variety at a low cost. Bread is one of the cornerstones of a good diet. It blends with other foods and provides valuable nutrients your family needs daily.

The major nutritional value of bread comes from carbohydrates, which supply the body with heat and energy. Because we eat bread so often, the nutrients found in it make a valuable contribution to our diets. Grain contains some protein; you increase the amount of protein in bread when you add milk and eggs. Adding milk also increases the calcium content of bread.

Enrichment of white flour and commercial breads with iron and certain B vitamins (thiamine, riboflavin, niacin) increases their nutritive value. Whole grain flours contribute important nutritive value as well as variety.

Bread and Roll Standards

Outside Appearance. Good yeast bread products are large for their weight. The tops are well rounded and symmetrical. The crust is an even, deep golden brown, smooth with no disfiguring tears or breaks. The thickness and crispness of the crust vary with the type of bread.

Inside Appearance. The crumb of good quality yeast bread products feels silky with no trace of harshness. It is uniform in color. The texture is fairly even with fine, elongated cell walls. The bread is moist and resilient, so that it springs back to its original shape when squeezed gently.

Flavor and Aroma. Good yeast bread products have a slightly sweet, pleasant, wheaty flavor and aroma.

bread standards terminology

Grain—the relative size, shape, arrangement, and thickness of the cell walls within the product.

Texture—softness and silkiness, lack of harshness when the hand is lightly passed over the surface of the bread or rolls. Texture and grain relate to the crumb.

Oven spring—the first quick rising of the dough due to rapid expansion of internal gases, which takes place the first 10 to 12 minutes of baking.

Break—the well defined division of the loaf between the top and sides above the pan line.

Shred—the characteristic surface of the break. It may be smooth, ragged, or broken. It almost always will be more prominent on one side of the loaf.

Equipment

Large glass or crockery bowls are good for fermenting dough because they tend to retain heat. Rinse the bowl with hot water before you mix bread, especially if the room is cool.

Standard measuring cups and spoons insure accurate measurements. And recipes based on standard measurements insure good results.

You'll find a *wooden spoon* easy to use for beating the batter and incorporating flour into the other ingredients to form a dough.

Use the *pan* size designated in the recipe. Two sizes suitable for 1 to 1½ pound loaves are 8½ by 4½ by 2¾ inches and 9¼ by 5¼ by 2¾ inches. The former results in a high loaf, the latter a broad loaf. Pans may be of dull aluminum, tin plate, stainless steel, or glass. A dull finish insures browning. Season bright tin pans by baking them in a 350° F. (moderate) oven for 1 hour. You can use a rectangular 1½ quart glass baking dish for bread. Metal pans and glass dishes with Teflon coating on the inside eliminate sticking.

Plastic films are useful for covering the dough while it rises. They prevent the formation of a crust or "skin" that slows rising and causes streaks in the finished product.

Plastic bowls with snap on covers are convenient for refrigerator doughs.

A *thermometer* with readings below 100° F. is useful for checking the temperature of liquids and rising dough. Check yours for accuracy by immersing it in boiling water. It should read 212° F.

Ingredients

yeast

Yeast, a one-celled plant, multiplies rapidly in the presence of moisture, sugar, and warmth. This action produces carbon dioxide and alcohol. As gas is produced, it becomes enmeshed in the dough, causing it to stretch and making it light. At baking temperature, the gas is driven off, the alcohol evaporates, and the yeast is killed.

You can purchase yeast in two forms—compressed (moist) and active dry.

Compressed yeast comes in cakes weighing from less than 1 ounce up to ½ pound. You must keep yeast refrigerated or frozen until you use it. Active compressed yeast is gray to yellow brown, springy to the touch, breaks easily and sharply, and has a characteristic yeasty aroma. In most recipes, the yeast is dispersed in lukewarm water, 80°-90° F. Some recipes indicate warm water (105°-115° F.) for both active dry and compressed yeast. Be sure the water is not above 115° F.

Dry granular yeast is sold in small envelopes or glass jars. Although it is much less perishable than compressed yeast, it becomes inactive after long storage. Refrigerator storage prolongs its life. Note the expiration date on the package and use the yeast before then. Dry granular yeast should be rehydrated in warm water, 105°-115° F. Water at this temperature feels comfortably warm when you place a drop on your wrist. Each package bears directions for soaking yeast.

Avoid high temperatures for yeast. At 120° F., yeast growth is impaired; at 140° F., it is killed. If you're in doubt about the temperature, use an accurate thermometer to check it.

Do not allow salt to come in direct contact with yeast; salt prevents its growth.

You can use one envelope (2½ teaspoons) of active dry yeast and one small square of compressed yeast interchangeably. A 2-ounce cake of compressed yeast is equivalent to three envelopes of active dry yeast. How much yeast you need depends upon the speed at which you want the bread or rolls to rise and upon the richness of the dough. Large amounts of shortening, fruit, and nuts affect gas retention, making the dough rise slowly. Usually, one or two squares or envelopes of yeast are sufficient for leavening four loaves of plain white bread.

sugar

Sugar is food for the yeast. It usually is added at the beginning of the mixing process to give the yeast an immediate food supply. Sugar is needed for good grain and texture. It also makes the bread retain its moisture and stay fresh, and it aids in

browning the crust. Granulated sugar commonly is used for breadmaking, but you may use brown sugar, honey, or molasses for variety in color and flavor.

For plain breads, allow 1 tablespoon of sugar for each cup of liquid. Allow ¼ cup for each cup of liquid for rolls.

liquid

The liquid for breadmaking can be water or milk or a combination of them. Bread made with water is crusty and has a wheaty flavor. It tends to stale rapidly. From a nutritional standpoint, milk is an essential ingredient in making the highest quality bread. Bread made with milk has a creamy color and a velvety texture. It retains its freshness longer than bread made with water, and it toasts nicely.

There is disagreement about the need to scald milk for home breadmaking. Raw milk contains a whey component that breaks down the gluten in the flour, resulting in a sticky dough and finished products of low volume and coarse crumb. Always scald milk unless your recipe was designed for a brand of flour and technique for which milk pasteurization is adequate heat treatment.

Most home bakers find it convenient to add dry milk solids directly from the package without previous reconstituting and scalding. Evaporated milk is thoroughly scalded when it is canned. You'll like the convenience of diluting it with an equal quantity of hot water. Allow 1 cup of liquid for each loaf of plain bread. You can use half milk and half water to take advantage of the qualities each lends to bread.

shortening

Shortening lubricates the gluten strands, enabling them to stretch easily and produce a high loaf with good grain and texture. It aids in keeping bread moist.

Any kind of solid shortening is satisfactory. You may add it to the hot milk to soften it. Some home bakers prefer to add soft shortening to the batter after they have incorporated the yeast. It is not necessary to melt it. You may use oils, but the crumb may be somewhat darker and the volume slightly reduced.

One tablespoon of shortening for each cup of liquid is sufficient for plain breads. When you want additional richness, such as in rolls, you may use up to ¼ cup.

salt

Salt adds more than flavor to bread. It helps control yeast growth and strengthens the gluten in the dough. Use 1 to 1½ teaspoons of salt for each cup of liquid.

eggs

Eggs add color, richness, and nutritive value to breads.

nuts and fruit

Nuts and fruit add flavor and texture to breads. Rinse nuts, raisins, dried prunes, and apricots with hot water to soften them. Then they won't roll out when you slice the bread. You can expect nuts and fruit to darken bread.

flour

White wheat flour is milled from the inner part of the wheat kernel. A close look at the label on a bag of flour will tell you much about the product inside. White wheat flour may be called "all purpose," "general purpose," "regular," or "family" flour. These terms describe a flour made from a blend of wheats that can be used for a wide variety of products, including yeast bread. In order to make good yeast bread, the flour must contain proteins to form an elastic substance called gluten. Gluten

Nutritional value of 1 cup whole wheat, enriched white, and unenriched white flour*

Flour	Calories	Protein	Calcium	Iron	Thiamine	Riboflavin	Niacin
		grams			milligrams		
Whole wheat	400	16	49	4.0	.66	.14	5.2
Enriched white	400	12	18	3.2	.48	.29	3.8
Unenriched white	400	12	18	0.9	.07	.05	1.0

* Source: USDA Home and Garden Bulletin 72, *Nutritive Value of Foods.*

has the ability to form cell walls that hold the carbon dioxide gas thrown off by the yeast in fermentation.

Dark wheat flours may be labeled "whole wheat," "entire wheat," or "graham." All these flours are made from the entire wheat kernel. Some are granular, others are flaky. These flours contain the wheat germ, which may turn rancid, particularly if the flours are stored in a warm place. For this reason, they are sold in small quantities. Store dark wheat flours in a cool place to retain their fresh wheat flavor.

Rye flour is used for specialty breads such as Swedish limpa. Unlike wheat flour, it does not form an elastic dough. All purpose white flour is used with it to produce the light bread most people want. In some localities, rye flour is milled in much the same way as dark wheat flours and labeled "pumpernickel" or "whole rye flour."

Enriched Flour. White flour is enriched with iron and B vitamins (thiamine, riboflavin, and niacin) to compensate for the losses of these nutrients during milling. Standards for enrichment are established by the Food and Drug Administration. Minnesota does not have a compulsory enrichment law, but much of the flour sold in the state is enriched. The table on page 4 shows the nutritive values of whole wheat, enriched, and unenriched white flour.

Bromated and/or Bleached Flour. Freshly ground flour is cream colored. As it comes in contact with oxygen, the color gradually fades and the flour "ages" or "ripens." This maturing of flour improves its baking quality. To speed the process, millers may subject the flour to agents that bleach and age it at the same time. Some blends of flour are treated with bromates to improve the quality of the doughs made from them. The bleaching and bromating processes have been approved as harmless by the Food and Drug Administration.

"Sifted" or "Presifted" Flour. These terms indicate that the flour is recommended for use without sifting. The manufacturers tell you to pour or spoon the flour directly into a measuring cup. Most bread recipes indicate a range in the amount of flour. Use the minimum amount called for and add extra as needed to make a soft dough.

A recent development is flour labeled "instant blending," "instantized," or "quick mixing." The flour particles are larger, permitting easy pouring for measuring. Follow the manufacturer's directions for measuring and using this flour.

A note on storage: Flours tend to dry out when stored for a long time in a warm dry place. Dry flours tend to absorb liquid. To compensate for these tendencies, start with the minimum amount called for in the recipe.

Breadmaking Techniques

temperature

Liquid for bread should be warm or lukewarm, depending upon the type of yeast and recipe. All other ingredients should be at room temperature. Yeast action causing fermentation takes place best at 80°-85° F. Too cool a temperature causes the dough to rise slowly, resulting in heavy bread. Too warm a temperature causes a coarse grain and an objectionable aroma in the finished product.

mixing

Thorough mixing distributes the ingredients evenly and starts gluten development. There is no one best way for combining ingredients. Since salt tends to retard yeast action, you may add it after you have mixed in part of the flour. Some home bakers melt the shortening in the hot liquid. Others think loaf volume is increased when they blend in the soft fat after adding part of the flour.

Thoroughly beat in about half of the flour at the beginning of the mixing. If you use an electric mixer, beat it at low speed for 2 to 3 minutes. Then, using a spoon, add the remaining flour gradually until the dough cleans the bowl and clings to the spoon in a rough ball. You may not need all the flour called for in the recipe.

rest periods

Active dough becomes rubbery when it is handled. If time permits, allow the dough to rest to permit the gases to expand and relax the dough. If you allow a resting period just after adding all the flour, the dough will be easier to knead. Turn the dough onto a lightly floured surface, cover it with

a greased bowl, and leave it for 10 minutes. The dough will then knead smooth quickly with little additional flour. Rest periods are particularly useful when you shape doughs for rolls or coffee cake.

kneading

Kneading—the process of manipulating dough—is unique to breadmaking. Kneading develops the gluten to form a framework for holding the gases given off by the yeast. The gluten becomes stronger as the dough is stretched. When baked, sufficiently kneaded bread is dome shaped and has a distinctive break and shred at the sides above the edge of the pan. The texture is soft and silky, and the grain is fine and uniform. Bread that is underkneaded or not kneaded at all has an irregular open grain.

To knead, fold the dough over onto itself, push it down lightly, turn the dough over, and repeat the process. The motion is fold, push, turn, rather than punch. You may knead by rolling the relaxed dough into a sheet with a rolling pin. Fold it and roll it out again, and repeat the process until the dough becomes too resistant to roll. Finish by hand.

Most recipes recommend 5 to 10 minutes of kneading. Sufficiently kneaded dough is smooth and velvety to the touch. It springs back quickly when you press it lightly with your finger. And you'll see tiny blisters under the surface.

rising

Place the ball of dough in a lightly greased bowl, rotate it to coat it with a film of fat, and cover the bowl with plastic film, a close fitting lid, or a damp towel. Do not let a skin form on the dough, as it impedes the stretch of the dough while it rises and causes heavy streaks in the finished loaf. Too much fat on the dough also can cause streaks.

Place the dough in a warm place (80°-85° F.) that is free from drafts to rise until it is double in bulk. The ideal temperature for the interior of the dough is 82° F. To test for sufficient rising, poke the dough deeply with your finger. If the indentation remains, the dough has risen sufficiently for shaping or for punching down for a second rising.

punching

Many bakers punch the dough for a second rising. It improves bread texture, grain, and flavor. The second rising doesn't take as long as the first.

To punch dough, simply poke your fist into the center and watch it collapse. Then bring the sides around to the center to form a new ball. Do it directly in the bowl; do not knead the dough. You needn't punch whole wheat or rye doughs.

shaping

After the dough has risen sufficiently (when it does not close in when you poke it deeply with your finger), you should shape it. Turn the dough onto a lightly floured surface and divide it into the number of loaves you're making. Or divide it into convenient sized portions for shaping rolls. Punch out the gas and roll the dough into balls, tucking in the cut surface. Cover the dough with a towel or plastic film and let it rest 10 minutes.

There are several ways to shape a loaf of bread. Choose the one that works best for you. Here are two popular methods.

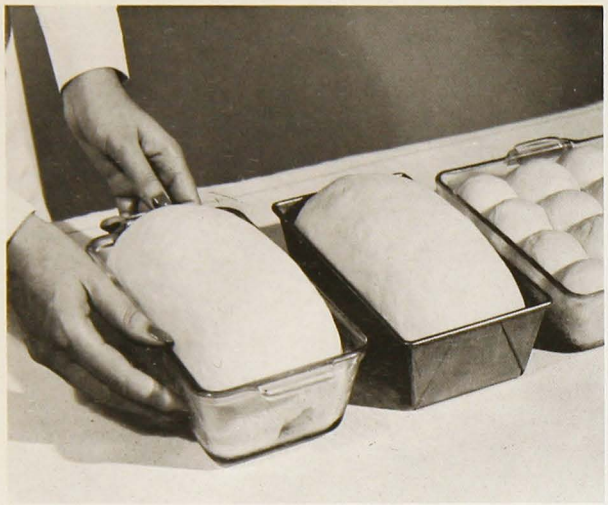
Roll. With a rolling pin, roll the dough into a sheet about 8 to 12 inches, forcing out the gas bubbles. They should snap and crack as you break them at the edges. Beginning with the upper 8-inch edge, roll the dough toward you firmly, jellyroll fashion, keeping the sides even. Seal the edge well by pinching it firmly with your fingers. Then seal the ends, lap the edges under, and seal them. Place the loaf in the center of a greased pan with the seam underneath. Coat it lightly with oil or melted shortening.

Fold and Stretch. With a rolling pin, roll the dough into a 9- by 12-inch rectangle, forcing out the gas bubbles. Fold it in half lengthwise and stretch the dough gently until it is three times the length of the pan. Fold it in thirds. Starting on the long side of the dough farthest from you, fold it into thirds again. Seal the edges by pressing them down firmly. Roll the dough back and forth to smooth it. Put it in the center of a greased pan, seam side down. Coat it lightly with oil or melted shortening.

Grease your pans lightly with solid shortening. Oils tend to form a gummy residue that is difficult to remove from the pans. Teflon coated pans do not require greasing except for initial bakings.

pan rising

Cover the loaves or rolls lightly with a dampened towel or plastic film and let them rise in a warm place (80°-85° F.) that is free from drafts. The dough is ready for the oven when it has doubled in bulk or when the imprint of your finger re-



mains when you press it lightly on the side. Watch it carefully, as bread that overrises becomes coarse and crumbly and may collapse when you bake it. The crust on bread that overrises tends to separate from the rest of the loaf after freezing and thawing.

Do not allow whole wheat and rye breads to rise quite as high as white bread, because they contain less gluten and usually require less rising. Overrising causes them to sink in the center.

baking

Bake most loaves of bread at 400° F. for 35 to 45 minutes or until they are a deep golden brown and sound hollow when thumped. Well baked bread usually will drop out of the pan without help. Temperature and time vary for rolls, depending on the size and ingredients. If you intend to freeze bread, bake it a shorter time to prevent moisture loss that makes it crumble when sliced.

Turn loaves and rolls onto racks immediately after baking to prevent sogginess. Brush them lightly with melted fat to soften the crust and add a rich sheen. Cool them uncovered but out of a draft to prevent cracking the crust.

storing

Cool bread thoroughly. Store it in a clean, ventilated box. For freezer storage, place the bread in plastic bags and secure the ends. For convenient heating, wrap it in heavy-duty foil. Leave bread in its wrap for thawing at room temperature to prevent sogginess. It will take about 3 hours. For oven-thawing, wrap the bread in foil and thaw it in a 300° F. oven for about ½ hour.

Recipes

Milling company home economists prepare valuable folders and leaflets featuring recipes and measuring directions for their brands of flour. Look for them when you open a flour bag. Because there are so many of these recipes, only basic recipes appear in this bulletin.

Enriched White Bread

(Two 1-pound loaves)

2 cups milk or 1 cup milk and 1 cup water
1 or 2 packages active dry yeast or small squares compressed yeast (use 2 for fast rising)
¼ cup warm (105°-115° F.) water for dry yeast or lukewarm (80°-90° F.) water for compressed yeast
2 tablespoons sugar
1 tablespoon salt
2 tablespoons soft shortening
5 to 6 cups enriched flour

Scald milk, add cold water or cool milk till it is lukewarm. Soften the yeast in warm water.

Add sugar to milk. Stir to dissolve. Add and blend in the yeast. Add 3 cups of flour. Beat mixture vigorously until smooth, about 100 strokes, or beat 2 to 3 minutes with mixer at low speed.

Blend in soft shortening and salt. Gradually add remaining flour to form a ball that clings to the spoon and cleans the bowl. Turn dough onto a lightly floured surface. Cover it with a greased bowl and let it rest 10 minutes.

Knead dough 5 to 10 minutes. Add a little flour if necessary to form a smooth, velvety ball. There should be tiny blisters under the surface.

Place dough in a greased bowl and turn it over to coat the entire surface with a thin film of fat. Cover it and let dough rise at 80°-85° F. until it has doubled in bulk (about 1½ to 2 hours).

Prepare dough for shaping or punch it down for a second rising (second rising takes about ½ hour).

Turn dough onto a lightly floured surface. Divide it in half and round the halves into balls. Cover them and let them rest 10 minutes.

Shape balls into loaves. Place them in greased pans. Grease surfaces lightly with oil or melted shortening. Cover them lightly and let them rise at 80°-85° F. until they have doubled in bulk or until the imprint of your finger remains when you touch the dough lightly on the side.

Bake loaves at 400° F. for 35 to 45 minutes. Turn them out onto racks. Grease loaves lightly with melted shortening or butter and cool them.

Variations

- Use ¼ cup nonfat dry milk solids mixed with the flour. Use 2 cups warm water for liquid.
- Use half whole wheat flour or rye flour. Use brown sugar, honey, or molasses for sweetening.
- Add ½ to 1 cup of nuts or dried fruit or both to white or dark doughs.
- Shape dough into braids. Brush them with egg mixed with a little water and sprinkle them with sesame or poppy seeds.

In an attempt to devise a method of breadmaking suitable for the classroom, a group of home economists discovered that rising can be controlled at refrigerator temperatures. For good results, follow your recipe and all directions carefully. This bread is slightly more moist than bread made in the conventional manner. It resembles some of the homemade style commercial breads. You can mix this bread while you prepare dinner and serve it fresh and warm for your dinner the next day.

Enriched White Bread (cool rise method)
(Two 1½-pound loaves)

5½ to 6½ cups flour
2 packages active dry or 2 small squares compressed yeast
½ cup warm water (105°-115° F.)
1¾ cups warm milk
3 tablespoons shortening
1 tablespoon salt
2 tablespoons sugar
Salad oil

Spoon flour into a dry measuring cup. Level it off and pour measured flour onto wax paper.

Soften the yeast in ½ cup water in a large warm mixing bowl. Stir. Add warm milk, shortening, salt, and sugar.

Stir in 2 cups of flour and beat with a rotary beater or electric mixer at low speed for 1 minute until smooth. Add 1 cup of flour and beat vigorously until smooth (about 150 strokes) or beat with an electric mixer at medium speed 2 to 3 minutes until the mixture is thick and elastic. Add enough more flour to make a dough that cleans the bowl and clings to the spoon.

Turn dough onto a lightly floured surface. Form it into a ball. Knead it until it is smooth and velvety, about 5 to 10 minutes. Cover the dough with plastic wrap and a towel. Let it rest 20 minutes.

Punch down the dough. Divide it in half, round up each portion, and shape dough into loaves. Place each loaf in a greased 8½ by 4½ by 2¾ inch loaf pan, seam side down. Brush tops of loaves with oil. Cover pans loosely with oiled wax paper and plastic wrap. Place them in the refrigerator. Refrigerate them 2 to 24 hours at a moderately cold setting (37°-41° F.).

Remove loaves from refrigerator and let them stand 10 minutes at room temperature. Puncture the surface with a toothpick to remove gas bubbles.

Place loaves on the lower baking rack and bake them at 400° F. for 30 to 40 minutes. Remove loaves from baking pans immediately. Brush the top crust with melted butter. Cool bread on racks.

Yeast Rolls

(40 to 50 medium-size rolls)

2 packages active dry yeast or 2 small squares compressed yeast
2 cups warm water (for active dry yeast) or lukewarm water (for compressed yeast)
½ cup sugar
2 eggs, beaten
½ cup nonfat dry milk solids*
6 cups of flour (approximate)
1 tablespoon salt
½ cup soft shortening

* You may use liquid milk. Scald and cool 1½ cups milk. Soften the yeast in ½ cup warm water.

Soften the yeast in water in a warm bowl. Use warm water for dry yeast; use lukewarm water for compressed yeast. Add the sugar and beaten eggs.

Stir the dry milk into 3 cups of flour. Add flour mixture to first mixture and beat vigorously until smooth. Add salt and soft shortening. Gradually add remaining flour until a soft dough is formed.

Turn dough onto a lightly floured surface. Cover it with a greased bowl and let it rest 10 minutes.

Knead dough until it is smooth and velvety (about 5 to 10 minutes). Cover it and let it rise until it doubles in bulk.

Punch dough down for a second rising or for shaping. Turn dough onto a lightly floured surface. Punch it lightly and divide it into portions for shaping. (Dough will shape easier if you let it rest a few minutes before shaping.) Shape dough into rolls or coffee cakes.

Grease the surface of the dough with melted shortening or oil and cover it lightly. Let dough rise until it is very light (when the imprint of your finger remains when you touch the dough gently on the side).

Bake dough at 375° F. or 400° F., depending upon the size of the rolls or coffee cake. Use the lower temperature for large items. Medium-size rolls will take 18 to 20 minutes. Coffee cake may take up to 35 or 40 minutes.

Turn coffee cake or rolls onto racks. Brush them lightly with melted butter.

Refrigerator Dough

You may refrigerate the dough for the preceding recipe. After kneading, place it in a greased bowl, cover it tightly, and refrigerate it. Punch the dough down occasionally. To shape it, punch it down, cut off as much dough as you need, and make it into rolls or coffee cake. Let the dough rise and finish it the same as regular sweet dough. The dough will keep 3 or 4 days.

Roll Mix

You can make high quality rolls from a commercial mix, or you can make your own roll mix.

1 5-pound bag enriched all purpose flour
1½ cups nonfat dry milk solids
1½ cups sugar
3 tablespoons salt
1½ cups shortening

Empty the flour into a large bowl or dishpan. (There's no need to measure.) Stir in the dry milk solids, sugar, and salt. Cut or rub in the shortening until it is uniformly distributed. Divide the mixture into six parts. Store it in plastic bags in a cool, dry place.

To make rolls, bring the mix to room temperature. In a bowl, soften one package of active dry yeast in 1 cup of warm water. Or use one small square of compressed yeast dissolved in 1 cup of lukewarm water. Add one beaten egg. Gradually add the contents of one bag, beating it at first and then blending it until the dough is soft. Knead and handle it as you would regular dough. This amount makes about 20 rolls.

Frozen Doughs

Commercially prepared frozen dough enables you to serve fresh bread with a minimum of effort. For best results, purchase dough where you know the turnover is rapid. Some companies suggest that you bake the bread within 2 weeks after you buy it. Avoid torn packages and dull looking dough that has a frost accumulation inside the package.

For homemade frozen dough, freeze the dough in bulk rather than in loaves. Let the dough rise until it is double in bulk, and grease all surfaces. Package the dough in moisture-proof wrappings. To thaw dough, set it in a moist, warm place. Leave it in the wrapper. Shape the dough and let it rise in a moist, warm place. Use bulk dough within 2 or 3 weeks.

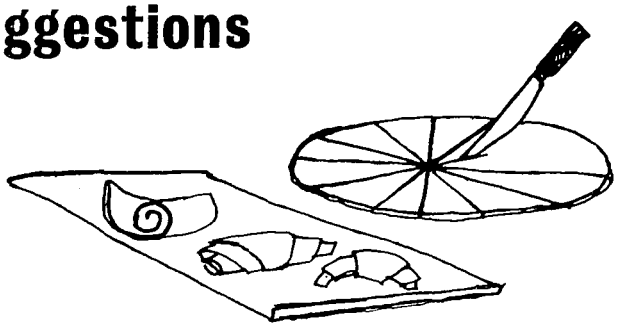
Rope

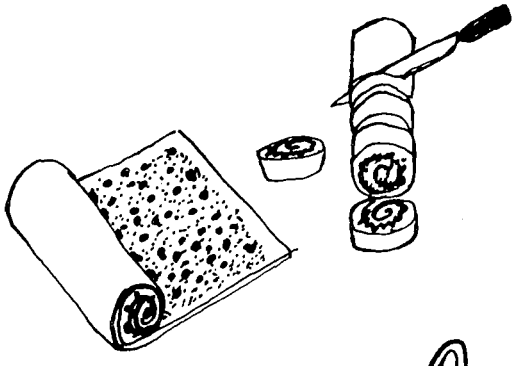
Warm, humid weather conditions may cause the development of objectionable organisms in bread. Their growth makes the bread sticky inside and gives it an objectionable odor. This condition is called rope. You can control rope by washing all utensils and surfaces with a solution of 1 tablespoon of vinegar to 1 quart of water. Sometimes vinegar must be added to the liquid used in the bread itself. Use 1 tablespoon of vinegar to 1 cup of water. Or substitute sour milk or buttermilk for the liquid. Cool the bread rapidly and store it in a cool place. Freezing bread and keeping it in the frozen state will prevent ropiness entirely.

Shaping Suggestions

crescents

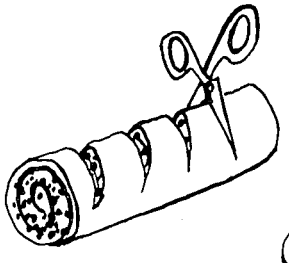
Roll dough into a circle about 12 inches wide and ¼ inch thick. Spread with soft butter. Cut into 12 pie shaped wedges. Roll up each wedge tightly, starting at the wide end. Place on greased cookie sheet with points down. Curve each roll slightly to form crescent.

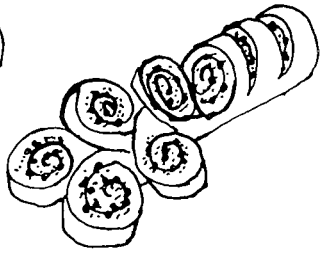


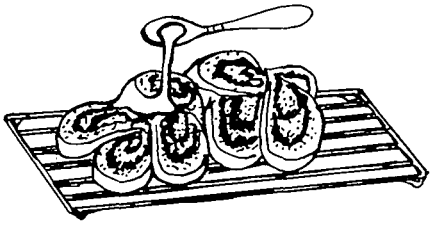


cinnamon rolls

Roll half of dough in recipe into an oblong 15 by 9 inches. Spread with 2 tablespoons butter and ½ cup sugar mixed with 2 teaspoons cinnamon. Leave about ½ inch around edges for sealing. Roll up tightly, starting at wide end. Pinch edges together to seal. Cut into 15 1-inch slices. Place in a well greased 13 by 9 by 2 inch pan. Let rise and bake in a 375° F. (moderate) oven for 25-30 minutes. Variations: (1) Add nuts or raisins or both to the sugar mixture, (2) Add 1 tablespoon grated orange rind to sugar instead of cinnamon, (3) Make rings or coffee cake as illustrated.

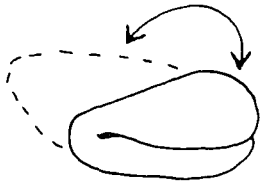






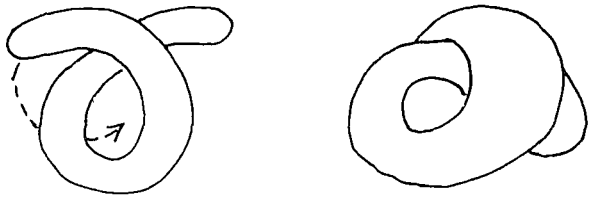
parkerhouse rolls

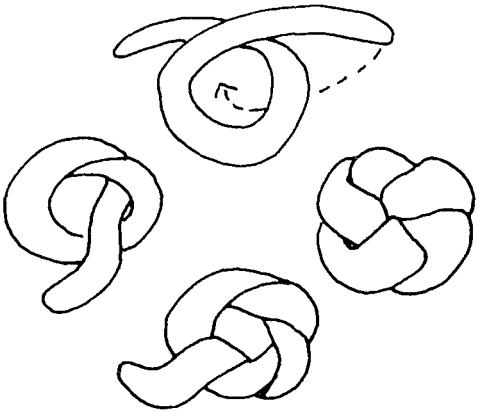
Roll dough ¼ inch thick. Cut with biscuit cutter. Brush with melted butter. Make crease across center of each roll with handle of table knife. Fold so top half slightly overlaps bottom. Pinch edges together. Place rolls close together on greased cookie sheet.



twists

Roll dough into a sheet ½ inch thick and cut into strips. Roll to smooth edges. Use 6-inch strips for knots (left) and 9-inch strips for rosettes (right).





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